

COVID Protocol – Camp de Souches à Oreilles 2022

Before camp: Rapid COVID test for **all** before coming to camp. If the test is positive, stay home. If you have COVID symptoms before coming to camp, stay home even if your test is negative.

General recommendations

- Wearing a mask, although left to everyone's discretion, is strongly recommended when moving around indoors. You can remove your mask when a group is settled. Change your mask every four hours.
- Regularly sanitize your hands and disinfect surfaces.
- Observe social distancing.

Ventilation and distancing

- Open windows during classes and ventilate the room before and after class
- If possible, hold classes and activities outdoors
- We will eat under the tent as a priority, observing distancing
- Dormitory windows must ALWAYS be kept open (unless rainwater comes into the dormitory)
- Indoor meal = chairs spaced out
- Concerts and dances under the tent
- Evening sessions = small groups, with chairs spaced out

| In case of COVID symptoms, take a rapid test, provided by the camp | What to do |
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| <p>Positive COVID test:</p> | <ul style="list-style-type: none"> - Leave the camp promptly - Wear a mask in the meantime (if possible KN95) - The person must observe distancing of 2 metres at all times and handle their baggage themselves. |
| <p>Negative COVID test but presents with <u>one of the following symptoms:</u></p> <ul style="list-style-type: none"> ● Fever: 38.1°C (100.6°F) ● Sudden loss of the sense of smell without nasal congestion, with or without loss of taste ● Unusual difficulty breathing | <ul style="list-style-type: none"> - Leave the camp promptly - Wear a mask in the meantime (if possible KN95) - The person must observe distancing of 2 metres at all times and handle their baggage themselves. |
| <p>Negative COVID test but presents with <u>two of the following symptoms:</u></p> <ul style="list-style-type: none"> ● Sore throat ● Cough (new or worsened) ● Shortness of breath ● Runny nose or nasal congestion of unknown cause ● Headache ● Fatigue ● Generalized muscle pain (unrelated to physical exertion) ● Substantial loss of appetite ● Nausea or vomiting ● Stomach ache ● Diarrhea | <p><i>Check whether the symptom(s) may be those of another problem (constipation, menstruation, seasonal allergies, dehydration, heat stroke, asthma, etc.).</i></p> <ul style="list-style-type: none"> - Leave the camp promptly - Wear a mask in the meantime (if possible KN95) - The person must observe distancing of 2 metres at all times and handle their baggage themselves. |
| <p>Negative COVID test but presents with <u>one of the following symptoms:</u></p> <ul style="list-style-type: none"> ● Sore throat ● Cough (new or worsened) ● Shortness of breath ● Runny nose or nasal congestion of unknown cause ● Headache ● Fatigue ● Generalized muscle pain (unrelated to physical exertion) ● Substantial loss of appetite ● Nausea or vomiting ● Stomach ache ● Diarrhea | <p><i>Check whether the symptom(s) may be those of another problem (constipation, menstruation, seasonal allergies, dehydration, heat stroke, asthma, etc.).</i></p> <p>Increased caution at camp:</p> <ul style="list-style-type: none"> - Wear a mask at all times (change it every 4 hours) - Regular hand hygiene - 2 m distancing at all times - Rest well - Eat outside, at a distance from other campers - Daily COVID test + take your temperature |